

# WIC Foods



# for Breastfeeding Moms & Babies

## What You will Get with WIC

### For Mom

#### Grains

36 ounces of Breakfast Cereal  
1 pound Whole Wheat Bread

#### Dairy

5 Gallons + 1 Quart 2%, 1%, or  
Skim Milk  
2 pounds Cheese

#### Fruits & Vegetables

\$10 voucher for Fresh Fruits &  
Vegetables  
Three 12 ounce cans Frozen Juice

#### Protein

2 dozen Eggs  
1 pound Dried Beans/Peas  
18 ounces Peanut Butter  
30 ounces canned Tuna or Salmon

### For Baby

Your Priceless Breastmilk!

**Plus at 6 months of age:**

Iron-fortified infant cereal  
64 Four ounce containers of  
Infant Fruits and Vegetables  
31 containers of Infant Strained  
Meats

### Your New WIC Foods:

- ◆ Support your breast milk supply
- ◆ Improve the variety of foods in your diet
- ◆ Promote steady weight loss and help you maintain a healthy weight

